

**Are you feeling . .**

**Low?**

**Stressed?**

**Anxious?**

**Worried?**

**Burnt-out?**



**The Psychological Wellbeing Service (IAPT) offers treatments across Cambridgeshire and Peterborough.**

**If you would like support, please discuss a referral with your GP or alternatively you may also refer yourself directly via the Internet (preferred option) at:**

**[www.cpft.nhs.uk](http://www.cpft.nhs.uk)**

**or Telephone: 0300 300 0055**

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## The Psychological Wellbeing Service

We offer Cognitive Behavioural Therapy for anxiety (including panic and post-traumatic stress), depression, stress, obsessive compulsive disorder and low self-esteem for people who live in Cambridgeshire and Peterborough.

Options include personal therapy (face-to-face, telephone or through instant messaging), computerised CBT, guided self-help or telephone support.

For persons aged over 17 years. There is no upper age limit.

## Refer yourself to our service

Please discuss a referral with your GP, or self-refer directly at:

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or telephone: 0300 300 0055

